



INTEGRATING SLEEP INTO YOUR WORKFLOW: STEP-BY-STEP

Dr. Meghna Dassani is a dentist, educator, and speaker dedicated to helping practices bridge the gap between dentistry and whole-body health through sleep medicine. As the founder of Healthy Sleep Revolution, she works with dental teams across the country to implement simple, effective workflows for screening and managing sleep-disordered breathing.

Known for her clear, practical teaching style, Dr. Dassani focuses on making sleep integration accessible - showing teams how to incorporate airway awareness into the new patient and hygiene visit without adding complexity or time.

Her work centers on empowering dentists to recognize what they are already seeing every day, connect clinical findings to systemic health, and build collaborative relationships that improve patient outcomes.

Course Overview:

Dentistry is uniquely positioned at the intersection of oral health and systemic wellness, yet sleep-disordered breathing often goes unrecognized within the traditional dental workflow. This session provides a practical, systems-based approach to integrating sleep screening into the new patient and hygiene experience - without disrupting efficiency or overwhelming the team.

Participants will learn how to incorporate airway awareness into everyday clinical interactions, beginning before the patient arrives and extending through hygiene, doctor examination, and referral pathways. Emphasis is placed on team calibration, patient communication, and aligning with current standards of care, including the role of the dentist in screening and referring for medical diagnosis.

Through real-world examples and a structured workflow, this course equips dental teams to confidently identify risk factors for sleep-disordered breathing, initiate appropriate conversations, and create a seamless pathway from screening to diagnosis and treatment collaboration. The result is a more comprehensive, patient-centered approach that enhances both clinical care and practice growth.

Learning Objectives:

1. Identify common clinical signs and patient-reported symptoms associated with sleep-disordered breathing observed during routine dental and hygiene examinations.
2. Implement a structured workflow to integrate sleep screening into the new patient and hygiene visits, including pre-appointment intake, chairside screening, and documentation.
3. Utilize validated screening tools and effective patient communication strategies to assess risk and introduce the topic of sleep health in a clear, non-alarmist manner.
4. Develop an appropriate referral and collaboration process with medical providers, ensuring patients receive proper diagnosis and coordinated care in alignment with current professional guidelines.